

Can you spare 1 hour?

That's all it takes to make a difference in someone's life



Become a Community Visitors Scheme Volunteer

Red Cross is **urgently** looking for friendly and reliable volunteers to visit with the aged and frail, in their homes who are lonely and socially isolated. Volunteers are matched with a participant to provide friendship and companionship through a one-on-one home visit. (either weekdays or weekends). Can you spare one hour a week to enrich and enhance the life of those who are not connected to family or friends.?

What are the benefits?

- You will gain new skills whilst giving back to your community
- You will enrich your life as well as the life of the person you visit
- You will still have plenty of spare time for your own pursuits

Volunteers receive free training.

For more information, please contact:

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CRISIS CARE COMMITMENT